

# UPCOMING TRIP

## Biltmore Estate & Asheville, NC Trip

4 Days. 3 Nights

September 27–30, 2021

Total Cost \*385.00/\*475.00

Still accepting reservations. Final payment must be received by July 20, 2021.

PO Box 8629  
Warner Robins, GA 31095  
900 North Houston Road  
Warner Robins, GA 31093  
Phone: 478-293-1066  
Email: [lmjones@wrga.gov](mailto:lmjones@wrga.gov)

The Senior Activity Center is Non-Profit and is sponsored by the Warner Robins Parks and Recreation Department. All of our Programs and Activities are open to the public for anyone 50 years and up. There is no membership requirement.

Warner Robins Social Club: Meets 2nd & 4th Tuesday of the month,  
9:30am-11:15am @ Wellston Center, 155 Maple Street  
President: Rosa Doggett—478-918-6590

Ted Wright Social Club: Meets 2nd & 4th Thursday of the month,  
9:00am-11:00am @ Wellston Center, 155 Maple Street  
President: Bettye Marshall—478-733-8984

LMNO (Ladies & Men's Night Out): Friday, July 16, 2021 @ 5pm-8pm, Wellston Center. The cost is \$4. Please bring a covered dish. Final day to sign up and pay is Wednesday, June 14, 2021.

## AARP Drivers Safety Course

The AARP Smart Driver Online course is an alternative especially for those who need to renew their car insurance discount. Log-on to website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org). Use Promo code: DRIVENSKILLS for the 25% discount good through August 31, 2021. Additional information call Don Tate, 478-396-9705.



# JULY

## SOCIAL CLUB BIRTHDAY

## OVER 80 BIRTHDAYS



## SENIOR SUMMER CARNIVAL





# Classes Provided

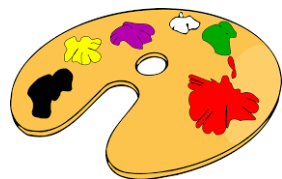
## AEROBICS

Monday, Wednesday and Friday 9:00am–10:00am. This is a low impact aerobics class for seniors. Please call 293-1066 if you have any questions.



## PRIME PAINTERS

Thursday from 1:30–4:00pm. Bring your own supplies.



## TAI-CHI

Tuesday from 10:00am–11:00am beginning June 8th. Cost \$5 per class. For additional information call 293-1066.



## AARP DRIVER SAFETY COURSE

9:00am–4:00pm in the Senior Center. Please contact Don Tate to reserve a seat. 396-9705 Or dedtate2@gmail.com



## ARTS & CRAFTS

We will have 1-3 projects a month. We do a wide range of arts & crafts. The fee will be determined by the craft. The days will be announced monthly. For additional information please call 293-1066.



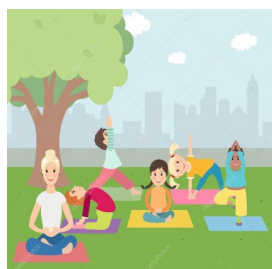
## QUILTING

Wednesday at 11:00am–2:00pm. Bring your own scissors and thimble. Hand quilting done for the public. Quilts sold at the North Houston Complex. 900 North Houston Road.



## YOGA

Tuesday & Thursday 2pm–3pm. Cost \$5.00 per class. Gentle stretching, balance & breathing exercises to help with daily activities & lower blood pressure. Designed to improve posture and mood.



## IKEBANA

Japanese Flower arranging, Wednesday from 2:00–4:00pm. For additional information contact Maria Muniz 922-1847 or Dee Boren 987-0493.



## LINE DANCING

Beginners meet Wednesday from 12:30–1:30pm, cost is \$3.00. Intermediate class meets Wednesdays from 1:30–3:00pm, cost is \$4.00. Please contact Julia Juarez 918-5635 for additional information.



## SELF DEFENSE

At this time, this class has been temporarily postponed. It will return soon.



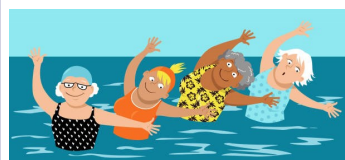
## ALL ABOUT YARN

Thursday from 10:00am–12:00pm. Bring your own yarn, needles and/or hooks. We've added crochet and knitting back on the schedule!



## WATER AEROBICS

Monday, Tuesday, Thursday and Friday 9:00am–10:00am @ Fountain Park. Cost is \$25.00 per month. For additional information please contact Miranda Nelson 929-7254.



# Location by Color

(Calendar on next page)

- NH - [NH Senior Center](#) - 900 N. Houston
- FP - [Fountain Park](#) - 614 Kimberly Road
- WC - [Wellston Center](#) - 155 Maple Street
- BT - [Bus Trips](#)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30PM Prime Painter	2 9AM Aerobics	3
4	5 CLOSED	6 9:30AM WRSC 10AM Tai-Chi	7 9AM Aerobics 9AM Walking Group 11AM Quilting 12:30PM Line Dancing 2PM Ikebana	8 9AM TWSC 1:30PM Prime Painter	9 9AM Aerobics	10
11	12 9AM Aerobics	13 10AM Tai-Chi 2PM Yoga	14 9AM Aerobics 9AM Walking Group 11AM Quilting 12:30PM Line Dancing 2PM Ikebana	15 10AM All About Yarn 1:30PM Prime Painter 2PM Yoga	16 9AM Aerobics 5PM LMNO	17
18	19 9AM Aerobics 10:30am Bingo	20 9:30AM WRSC 10AM Tai-Chi 2PM Yoga	21 9AM Aerobics 9AM Walking Group 11AM Quilting 12:30PM Line Dancing 2PM Ikebana	22 9AM TWSC 10AM All About Yarn 1:30PM Prime Painter 2PM Yoga 5:30PM Game Night	23 9AM Aerobics 11AM Arts & Crafts	24
25	26 9AM Aerobics	27 10AM Tai-Chi 2PM Yoga	28 9AM Aerobics 10AM Quilting 12:30PM Line Dancing 2PM Ikebana	29	30 9AM Aerobics 11AM Arts & Crafts	31